

AYALA CROSS COUNTRY

SIERRA LEAGUE CHAMPIONS

Sierra League Champions

'92, '93, '94, '95, '96, '97,
'98, '99, '00, '01, '02, '03,
'04, '05, '06, '09

C.I.F. Finalists

'92, '94, '95, '96, '97, '98,
'99, '00, '01, '02, '03, '04,
'05, '06, '07, '08, '09

State Finalists

'92, '94, '95, '96, '97, '00,
'01, '03,
'04, '06, '07, '08

Head Coach:

Dawn Staab

Assistant Coach:

Jon Colletti

Mario Alcalá

CAPTAINS:

Chandler Colquitt

(909) 489-3665

Jaclyn Gonzalez

(951) 545-1389

Taylor Khan

(909) 247-4758

Shane Snyder

(951) 544-2439

Tim Reed

(909) 573-4885

Dear Potential Cross Country Athletes:

We would like to personally invite you to join Ayala's Cross Country Championship Team! Here at AXC, we like to think of ourselves as a family, a highly competitive 90+ person family!

Some of you have signed up as interested specifically in running. Others have shown interest in soccer, track, band, baseball... Some of our best runners have come from other sports! As a matter of fact, three of our top seven varsity girls from last year were also on the soccer team. Cross country is the perfect tune up for winter and spring sports. You will get in the best shape in your life and here's something you might not have known - **this is one of the only sports on campus where freshmen can make the varsity squad!**

We have one of the largest teams on campus. Freshmen are very important to the growth of this sport. It's also nice to start the 2010 school year having already made many friends from summer camp, and with an average of 90 student athletes, you're bound to know someone.

In addition to our summer running camp (not to worry, we don't start freshmen out running tons of miles), we also manage to pack in numerous activities (bowling, movies, ultimate Frisbee, beach trips and slumber parties). Each summer at the end of our camp, we invite a select number of athletes (including freshmen) to come to our **Mammoth Mountain Running Camp**, where you'll have the opportunity to explore the trails, make new friends, compete in a scavenger hunt and the ever popular Friday Night Un-Talent Show.

We pride ourselves in our diversity. We have team members that also participate in band, baseball, wrestling, softball, soccer, swimming, water polo and track. Cross country is a sport that will put you in top condition, and the more you put into it, the more success you will attain. Several of our varsity boys played on the varsity baseball teams and swim teams.

If you're worried about making your other sports camp, know that we are usually finished by 7:30am, and you are free to go to your next activity or summer school class. All we ask is that you give it a try.

Prior to our official start date of July 6th, the girls and boys teams will be meeting at various parks for voluntary informal activities (scavengers hunts, beach trips, sleepovers, bowling). The Captain's phone numbers are on the left if you need information. It's a good way to introduce yourself to the sport and get to know some of the other members.

We encourage you to bring a friend. Please feel free to log onto our website for more up to the minute news at www.ayalacrosscountrytrack.org for summer sign-up information. We look forward to meeting you. Help us make this summer one of the best!

Dawn Staab

Head Coach

(909) 851-8421

deltacrash@earthlink.net

IMPORTANT:

**To receive updates and future newsletters,
log onto**

www.ayalacrosscountrytrack.org

and sign up

Ayala Cross Country's Official Newsletter

First Day Information - Start Day: July 6TH

Dawn Staab, Head Coach (909) 851-8421

Monday - Friday
Saturday (Top 10)

6:00am -7:30/8:00am
TBA

SIGN-UP: Obtain your registration forms from AHS Athletic Director, Steve Martin, or Coach Pye on campus. Turn in by July 6th.

FEES: We pride ourselves on charging one of the lowest sports fees on campus (if not the lowest). The cost is \$85 to register for the class (checks made payable to Ayala High School). It will run from 7/6-School Start.

ATHLETIC CLEARANCE: A clearance packet must be completed prior to the first day of practice. An athletic pre-participation physical must be completed. Paperwork must be turned into the Athletic Trainer.

**See Registration form for more details.

ATTIRE: Please wear comfortable attire (shorts & T-shirts) and running shoes (not cross trainers).



SHOE CLINIC

We welcome once again, to our team breakfast the first week of practice, **TOP SPEED RUNNING** in La Verne. They will be coming out and showing us the latest shoes and bags, available for purchase at a fraction of the price through our Team Deal.

The breakfast will be held at 7:15am on Friday July 9th – directly after practice on the lunch tables by the MPR.

Parents are encouraged to attend.

IF YOU'D LIKE TO HELP SET UP OUR BREAKFAST

(cut fruit, pour juice,...), please email Coach Staab.



MEET DATES

Laguna or Bronco Invitational	September 11, 2010	8am
Woodbridge	September 18, 2010	4pm
1 ST Sierra League Meet	September 28, 2010	4:15pm
Clovis Invitational	October 9, 2010	8am
2 nd Sierra League Meet	October 12, 2010	4:15pm
MSAC Invitational	October 23, 2010	8am
Sierra League Finals	November 2, 2010	2:30pm
CIF Prelims	November 13, 2010	1pm
CIF Finals	November 20, 2010	8am
State Finals	November 27, 2010	8am

